

**CHERRYBROOK LITTLE ATHLETICS SEASON 2014/2015**  
**NEWSLETTER NO 24**  
 Program 2  
**FRIDAY 13 MARCH 2015**

And so we head around the track for the last time this Friday. Well done to all our super star athletes who have come out every week with a smile and given everything a go showing great sportsmanship and determined efforts. You are all champions! It might be the last week, but this newsletter is jam packed with information.

**Parent roster for Friday 13 March**

<b>Equipment Out from 5pm</b>	<b>Canteen &amp; BBQ</b>	<b>Timing Gate Helpers</b>	<b>Timing Gate Pack Up</b>
10B & 10G	6B & 6G	11B & 11G	SnrB & SnrG

**LA STATE CHAMPIONSHIPS:**

Best of luck to our 44 athletes competing at the State Championships at Homebush next weekend – we know you will do us proud! We also have quite a few athletes competing in the Australian Junior Championships at Homebush over the next few days, so it is certainly a busy time for athletics!!

**STATE MULTI'S**

This year's State Multi was held at Homebush rather than at a country area to celebrate 25 years of the events. There was a huge group of athletes competing this year, with some of the younger age groups then split into separate coloured groups to compete over the weekend. We were blessed with excellent weather, and as always some fantastic competition. Athletes compete in a range of events – jumps, throws, sprints, hurdles and a distance race, and receive points based on a performance standard which are then added to make 1 final point score for each athlete.

The Cherrybrook team was a little smaller than usual this year, with 8 athletes competing - Marcus Papadimitriou, Thomas Bishop, Jonathon Reid, Amie Bowrey, Tom Hawkins, Kristina Moore, Lachlan Antoinette and Emily Jones. All our athletes finished in the top 20, which is an excellent achievement, particularly given that the younger age groups had around 60 athletes from across the state competing.

Particular congratulations to our 2 medal winners – **Kristina Moore** who showed that she is much more than just a good thrower, winning GOLD in the hotly contested U15 girls agegroup, finishing ahead by almost 300 points. **Amie Bowrey** also had an excellent carnival, where she was in the top few performers in a number of events, coming away with SILVER in the U13 girls event.

Next year's State Multi will be in Dubbo, so why not plan for a weekend of great fun and competition and set aside the date in your diary now.

**FULL STATE MULTI RESULTS:**

Marcus Papadimitriou	U7 BOYS	8 <sup>TH</sup>	4828
Thomas Bishop	U7 boys	19 <sup>th</sup>	4137
Jonathon Reid	U12 boys	6 <sup>th</sup>	4643

Amie Bowrey	U13 boys	2 <sup>nd</sup>	5038
Tom Hawkins	U14 boys	9 <sup>th</sup>	3915
Kristina Moore	U15 girls	1 <sup>st</sup>	5241
Lachlan Antoinette	U15 boys	11 <sup>th</sup>	3845
Emily Jones	U17 girls	8 <sup>th</sup>	4010

### **CANTEEN:**

The canteen will be offering Chicken Burgers, Beef Burgers, Sausage Sandwiches and the usual array of canteen items this week.

### **SYDNEY TRACK CLASSIC:**

The Sydney Track Classic is on at Homebush this Saturday evening. All registered Little Athletes should have been emailed a link to an e ticket, which they can print off. Otherwise, entry is \$12 for adults. Come and see some of the best athletes in Australia competing, and you might spot some world class international athletes as well (Hint! [David Rudisha!](#))

<http://athletics.com.au/Compete/Events/STC>

### **COLOURED PATCHES:**

Last week of Competition this week, which means it is also the last week to go for records and patches. Remember that any records must be performed under normal race/event conditions – i.e. 1 attempt at the race, or 3 throws/jumps, and must be signed off by a committee member to be verified. If you need 1 particular event towards a patch and are close to the standard, but that event is not on your program, then speak to your age manager and perhaps join up with another age group to do that event, but remember you can only do it once!

Congratulations to some more **GOLD PATCH** winners - Max Hirst, Liam McKenzie U11B and Ruby Perkins U7G – well done – that’s a fantastic achievement. Please ensure that any more coloured patch sheets get put into the box on Friday. Your patches will then be available to collect at presentation night.

### **PRESENTATION NIGHT:**

A reminder, that our annual presentation night and AGM is on **Sunday 17th May** at Dural country club. Please set aside the afternoon now, and come along to look back over a wonderful season of athletics. We will have lots of photos and even some video of the past season, as well as all our award presentations for the evening such as most improved athlete, most consistent track and field athletes for each age groups. We also give various special performance awards, so come along and join us!

### **STATE CROSS COUNTRY AND ROAD WALKS IN JULY:**

You were wrong if you thought Little Athletics was all done and dusted for another few months. There is still one more competition to go.

Calling all those long distance runners and walkers it’s time for the State Cross Country and Road Walks to be held on Sunday, the 5th of July at Scheyville National Park.

Athletes can enter as an individual or as a team. Come and have a great Sunday morning together with your friends. If you have a minimum of 3 runners in that age group you may even get a medal, Cherrybrook has done well at these championships in the past few years. For further details see the following link

[https://assets.imgstg.com/assets/console/document/documents/20150224025928Cross\\_Country\\_Flyer\\_2015.pdf](https://assets.imgstg.com/assets/console/document/documents/20150224025928Cross_Country_Flyer_2015.pdf)

There is a \$10 entry fee for this championship (this fee covers both the run and the walk) with

entries closing on **Wednesday 17 June 2015**. There is also a late entry fee of \$25, with late entries closing the following Wednesday. Athletes in the U7 through to U17 age groups are eligible to enter the State Cross Country. Athletes in the U9 through to U17 age groups are eligible to enter the State Road Walks.

## **WINTER TRACK AND FIELD COMPETITION FOR HIGH SCHOOL AGED ATHLETES**

Do you want to get in some competition for your school competitions? Athletes aged 12-18 are welcome to come for a fun, relaxed and social competition night at the winter series at Barton Park, Parramatta. It occurs every 3rd Friday through the winter, giving 5 competition opportunities. Competition will go from 6.30-8.30pm.

1 May

22 May

12 June

3 July

24 July

A mix of events will be offered each time, some by special request. Bring a group with you - though for insurance purposes, competitors need to be registered with either Athletics NSW or Little Athletics clubs to be able to compete. Cost is just \$2. The canteen and BBQ will be open each night.

Things run a little easier with help, so just one adult per car of kids please!

For more information go to [www.plac.org.au](http://www.plac.org.au)

### **LOST PROPERTY:**

There is still heaps of lost property left at the club. Anything un-named will be donated to Charity after this week, so please check if you are missing anything

Lastly, a big thank you to all of our athletes and their parents and supporters for a wonderful season of athletics. There have been so many great performances, and so much improvement in each age groups over the season. Thanks also to the many people who have worked behind the scenes to make this another really great season – it really has been a great team effort from many people. We really hope that you have enjoyed the season, and hope that you will return next year for another great season.

### **CAN YOU HELP THE CLUB NEXT SEASON?**

We are looking for a number of assistants to help a number of our very experienced committee members with various roles in the club. We are particularly looking for assistants with:

Canteen – to help with purchasing and running of the canteen

Records and ranking – to assist Jill in maintaining club results and records. An ability to upload and upgrade software would be helpful

Registrar – to help Elizabeth with organising registrations

If you think you could assist in running the club in any other way, then please come and see one of the committee members.